

### [Educational Materials](#)

### [Health Tips](#)

### [OHP Information](#)

### [View All Client Resources](#)

### [View All Provider Resources](#)

Oregon Health Plan Customer Service: **1-800-699-9075**

#### **Client Resources:**

- [Free Online Arthritis Workshop](#)
- [Community Mental Health Programs](#)
- [OHA Public Health CD Summary Newsletter](#)
- [Addictions and Mental Health Services \(State of Oregon\)](#)
- [Addictions and Mental Health Services List](#)
- [Oregon Health Authority Public Health Website including map of counties and crisis numbers.](#)
- [Find 211 Resources in Your Region](#)
- [Oregon Health Plan Information for Clients](#)
- [Oregon Public Health from A-Z - Get the Facts](#)
- [State of Oregon department of human services](#)  
[Departamento de Recursos Humanos de Oregón](#)
- [Oregon SafeNet](#)  
[SafeNet de Oregón](#)
- [Project Access Now](#)
- [Oregon Helps](#)  
[Oregón Ayuda](#)
- Asthma Resource: [Breathe Well, Live Well](#)
- Diabetes Resource: [Diabetes Prevention and Control](#)
- [Tobacco Cessation](#)
- [Oregon Tobacco Quit Line for Fee-For-Service](#)
- [Body Mass Index Calculator](#)
- [Health Games](#)



#### **Helpful Tools**

#### [Department of Human Services](#)

Get information on abuse/neglect, children's healthcare coverage, applying for food stamps and more...

#### [Rights & Responsibilities](#)

#### [Derechos y Responsabilidades](#)



**Nurse Advice Line:**  
**1-800-562-4620**

**Talk to a nurse any time you have a question.**

Day or night, ask a nurse:

- To help you understand what a doctor told you.
- If your child needs to go to the emergency room?



**Client Services:**  
**1-800-273-0557**



**Pharmacy Services:**  
**1-888-202-2126**



**In-State Prior Auth Line:**  
**1-800-642-8635**



**Provider Services:**  
**1-800-336-6016**



**Benefit Reimbursement:**  
**1-800-393-9855**

#### **Provider Resources**

- [Find 211 Resources in Your Region](#)
- [Providers, Update Your 211 Information](#)
- [OHA Public Health CD Summary Newsletter](#)
- [State of Oregon Department of Human Services](#)
- [Oregon Health Policy Board \(Oregon Health Reform, CCO's & PCPCH\)](#)
- [Oregon Health Plan Prioritized List of Covered Services](#)
- [APS Healthcare](#)
- [Oregon Medical Association](#)
- [Oregon Association of Hospitals and Health Systems](#)
- [Oregon Group Medical Management Association](#)
- [Oregon Primary Care Association](#)
- [Oregon Academy of Family Physicians](#)
- [Oregon Pediatric Society](#)
- [Oregon Public Health from A-Z - Get the Facts](#)
- [Oregon Tobacco Quit Line for Fee-For-Service](#)